TASTY dairy SNACKS APPETIZERS

IOWA DAIRY ASSOCIATION

MIDLAND UNITED DAIRY INDUSTRY ASSOCIATION
Dairy Building
ANKENY, IOWA 50021

SNACKS

SNACKS . . . are fun and can provide good nutrition too. Today let's start forming good snack habits for **"A New You."** We all have to choose what to eat. It's up to you to be sure you're making the **right** choices for you.

- **WISE CHOICES** can bring you:
  - food for fun.
  - food for action.
  - food for thought.

Getting the right amounts and kinds of food to furnish needed nutrients daily is just good sense. Wisely selected foods can add to your social life and good times; supply energy and stamina for active schedules; help to keep you mentally alert and glad to be alive.

• DO YOU CHOOSE

dolittle nibbles — tasty but waist-y snacks that while away your time, your figure, and your appetite but don't carry their weight in vital nutrients—in protein, vitamins, minerals as well as carbohydrate and fat.

food, food, food — either too much of all kinds or binges of a single food, too often with disastrous results for waistline, complexion, morale.

winning combinations of all-around-good foods at mealtimes and at snacktimes —foods that supply not one but several health-giving nutrients along with calories.

HERE IS YOUR GUIDE TO GOOD EATING

Use daily:

- **MILK** ..... **4 or more glasses** — Cheese, ice cream, and other Milk-made foods can supply part of the Milk.
- **MEAT** ..... **2 or more large servings** — Meat, fish, poultry, eggs, or Cheese — with dry beans, peas, nuts as alternates.
- **VEGETABLES AND FRUITS** .. **4 or more servings** — Include dark green or yellow vegetables; citrus fruit or tomatoes.
- **BREADS AND CEREALS** ..... **4 or more servings** — Enriched or whole grain. Added Milk improves nutritional values.

This is the foundation of a good diet. Build on it with these and other foods according to your needs—for growth, for activity, for desirable weight. These four food groups add up to good eating and good nutrition. But remember: foods from all four food groups are needed to provide the right combinations of nutrients throughout the day. Nutrients must work together to keep your body going and growing. Fit snacks into this guide. EVERY DAY eat foods from each group. Eat at least the amounts recommended. Enjoy the wide food choices you make.

QUICK SNACKS

Spread Butter mixed with honey on toasted English muffin halves. Sprinkle with finely chopped walnuts or pecans. Heat under broiler and serve hot.

Spread Butter mixed with peanut butter on toasted English muffin halves. Drizzle with honey. Heat under boiler and serve hot.

Spread Cream Cheese and jelly on crackers.

Fruit and Cheese are natural partners. Serve Cheese with chilled fruit, such as, Blue Cheese and pears, Camembert Cheese and apples.

Split hot dogs lengthwise, fill with Cheese, wrap with bacon. Grill or broil until lightly browned.

Dust scoops of Ice Cream with cinnamon or nutmeg.

Stack two plain sugar cookies alternately with Ice Cream. Store in freezer until ready to serve.

Mix together one 3-ounce package Cream Cheese and 2 tablespoons apple butter. Spread on eight graham crackers. Top each with a graham cracker. Makes 8 servings. Serve with cold Milk.

Spread Cottage Cheese on crisp crackers or thin toast slices; top with tart jelly.

Sour Cream mixed with catsup or chili sauce makes a quick salad dressing or dunk for vegetable sticks.

To make Swiss Cheese Appetizers, toast six slices white bread in oven. Cut each slice into quarters. Combine 1 cup shredded Swiss Cheese, 2 teaspoons finely minced onion, 6 tablespoons mayonnaise, ¼ teaspoon Worcestershire sauce; blend well. Spread on toasted bread. Bake in moderate oven, 350° 4 to 8 minutes or until Cheese is puffy. Makes 24 small appetizers.

- **APPLE SNACK** — Quarter a red apple, spread quarters with soft Cheese.
- **ALMOST SANDWICHES** — Put squares of processed American Cheese between gingersnaps or wheat crackers.
- **PINEAPPLE CHEESE DIP** — Mash or sieve 1½ cups creamed Cottage Cheese until fairly smooth. Mix with ½ cup drained crushed pineapple, add pineapple juice carefully to thin to dipping consistency. Serve carrot and celery sticks for dipping.
- **SHAKE** — 1-inch chunks of peeled bananas in a bag with chopped salted peanuts to coat with nuts.

CHEESE

For a special treat serve these delicious low cal fruit cheese snack combinations.

FRUIT SUGGESTIONS	CHEESE	WAYS TO SERVE
Sweet Bartlett Pears	Provolone	Serve in Wedges
Sweet Anjou or Bosc Pears	Blue	Serve in Wedges
Golden Delicious Apples	Gouda	Serve in Wedges
	Edam	Serve in Wedges
	Gruyere	Serve in Wedges
Deep Purple Sweet Grapes	Cream or Neufchatel	
Deep Purple Sweet Grapes		Serve in Cube
Tart Jonathan Apples	Cheddar	For sandwiches
Tokay Grapes	Brick	as well
	Cream	as
	Limburger	slices on trays
	Muenster	Serve slices
Tangy Greening Apples or green Grapes	Swiss	Serve slices

- **CHEESE SPREADS** — Purchased or made at home, Cheese spreads dress up crackers and Melba toast. Apply them the last minute, or serve as "spread-your-owns." Try these: Blend Cream Cheese with bit of cream, minced onion, dash of Worcestershire sauce, minced shrimp or anchovy, and minced pimento . . . Or, mix shredded American Cheese and dash of curry powder with softened Butter.

- **CHEESE DUNKS** — Soft dunks may be scooped up with cauliflowerets, crackers, potato chips, pretzels. Try creamed Cottage Cheese and mashed Blue Cheese, minced parsley and onion, blended to your taste.

- **CHEESE PICKS** — Use these on wooden picks; Alternate Tokay grapes and balls of Blue and Cream Cheese mixed with ground walnuts . . . Or, make balls of minced ham and cheese moistened with mayonnaise.

- **CHEESE HORS D'OEUVRES** — Spread thin cheese slices with mustard and deviled ham; roll and fasten with picks . . . Press pieces of Blue Cheese between halves of walnuts or pecans.

- **CHEESE SANDWICHES** — Try these fillings for cold sandwiches: Mix Creamed Cheese with chopped olives and bacon . . . Or, mix Creamed Cottage Cheese with shredded raw carrots, chopped dates and nuts—for brown bread . . . Or, spread minced onion between thin slices of Swiss Cheese and ham—for rye bread.

- **IDEAS FOR HOT SANDWICHES** — Shredded American Cheese spread on thin onion slices on buttered bread; broil . . . Or, thin slices of Cheese and ham between thin slices of buttered bread; pan-fry at low heat in lots of Butter.

APPETIZERS

BAKED CHEESE PASTRIES

½ cup Butter, softened (1 stick)
1 cup firmly packed shredded Cheddar Cheese
2 cups prepared biscuit mix

Blend Butter, Cheddar Cheese and prepared biscuit mix thoroughly. On waxed paper, shape in roll, wrap and chill in refrigerator. When ready to use, cut ¼-inch thick slices and place on lightly floured cookie sheet. Sprinkle tops with any of the following: sesame, poppy, caraway, dill or celery seeds; oregano and parsley leaves; and/or dried minced onion. Bake 5-8 minutes in preheated 425° oven or until golden. Allow to stand overnight. Pastry may also be frozen. Thaw partially before slicing to bake.

PARMESAN CHEESE BALLS

2 slices white bread, crusts removed
½ cup Milk, scalded
⅔ cup grated Parmesan Cheese
1 teaspoon flour
1 egg
Pinch of cayenne pepper

Place white bread in saucepan. Pour scalded Milk over bread and set aside until lukewarm. Place pan over low heat and stir until pasty. Remove from heat. Mix in Cheese and flour. Blend egg into mixture; add cayenne pepper. If consistency seems too moist, add 1 tablespoon bread crumbs or cracker meal. Allow mixture to cool. Make into ¾-inch balls, using a teaspoon, and deep-fry in 350° fat until golden brown. Yield: approximately 25.

CHILI-CHEESE SPREAD

1 cup finely shredded sharp Cheddar Cheese
2 tablespoons chili sauce

Combine ingredients and mix until well blended. Spread on crackers and broil until Cheese melts. Bacon, onion or green pepper may be added to the mixture before broiling for variety. Yield: ¾ cup.

CHEESE PUFFS

½ cup (1 stick) Butter, softened
2 cups shredded sharp Cheddar Cheese
½ teaspoon Worcestershire sauce
Dash of cayenne pepper
1 cup flour

Mix together Butter, Cheddar Cheese and seasonings. Mix in flour. Shape into smooth ball, wrap in waxed paper and chill. Taking from refrigerator about ¼ of mixture at a time, shape into balls about size of large marbles, flouring the hands to make rolling easier. Place on ungreased cooky sheet about 2 inches apart. Bake 12-15 minutes in preheated 350° oven. These will spread a little. Serve piping hot. The dough may be rolled in advance and kept refrigerated until baking, or stored in freezer to be brought out and baked as desired. Yield: 40-48.

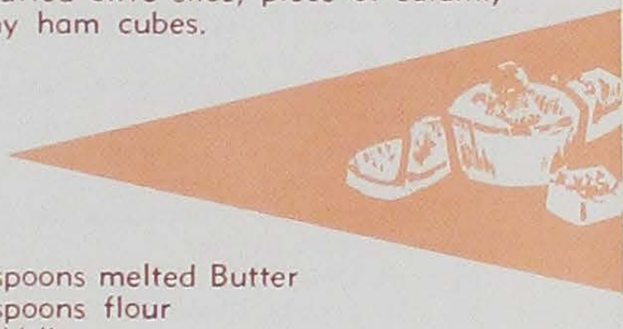
APPETIZERS

• HOT CHEESE TARTLETS (Quiche Lorraine filling can be substituted)

½ pound sharp Cheddar Cheese, cubed
1 tablespoon Cream or Milk
½ teaspoon dry mustard
¼ teaspoon paprika
¼ teaspoon Worcestershire sauce
Pie Crust (½ box pie crust mix)
Grated Parmesan Cheese

Melt Cheddar Cheese in saucepan over very low heat. Add Milk or Cream, mustard, paprika and Worcestershire sauce and mix well. Roll out pie crust dough and cut into 2 - ¾ - 3 inch rounds. Line very small muffin pans, forming small shells. Bake 10-12 minutes in preheated 425° oven. Pour hot Cheese mixture into shells and top with Parmesan Cheese. Return to oven 3-5 minutes or until tops are bubbly. Yield: 12-18 small tarts.

Variations: Place in bottom of baked tartlets any one of the following before pouring over the hot Cheese mixture: cube of sweet pickle, stuffed olive slice, piece of salami, crumbled cooked bacon, slice of cocktail onion or tiny ham cubes.



• QUICHE LORRAINE

1 deep 9-inch unbaked pie shell
2 cups shredded Swiss Cheese (½ lb.)
12 slices cooked bacon, drained and crumbled
4 eggs, slightly beaten
2 tablespoons finely minced onion
2 tablespoons melted Butter
2 tablespoons flour
2 cups Milk
½ teaspoon salt
Cayenne

Line a 9-inch pie plate with pastry rolled ⅛ inch thick; trim and flute the edges. Arrange layers of Cheese and bacon in bottom. Combine eggs with remaining ingredients; blend well. Pour over Cheese and bacon. Bake in a moderate oven, 375° for 40 to 50 minuts, or until a silver knife inserted in the center comes out clean. Let stand a few minutes before serving. Cut in wedges. Garnish with thin tomato slices. Makes 6 servings.

• POPCORN PARMESAN

1 quart popped corn
¼ cup grated Parmesan Cheese
¼ cup (½ stick) Butter, melted
Salt

Toss hot, freshly popped corn with Parmesan Cheese and melted Butter. Salt to taste. Yield: 1 quart.

APPETIZERS

HERB FILLED CHEESE PUFFS

- 3 tablespoons oil
- ½ cup water
- ½ cup flour
- ½ teaspoon salt
- 2 eggs
- ½ cup grated Cheddar Cheese

Bring oil and water to boil. Add flour all at once and still until smooth. Remove from heat; add Cheese, salt and beat in eggs one at a time. Bake 375° 20-30 minutes. Cut puffs so they don't steam. Fill with onion dip or any filling. These should be made very small and may be frozen.

A. HIPPEE GOURMET

- 2 packages chipped dried beef slices
- 8 oz. package Cream Cheese—softened
- 10 green onions—cleaned, dried and snipped

Spread softened Cream Cheese over beef slices. Sprinkle onions over spread beef slices. Roll tightly and leave in refrigerator overnight to firm. Slice roll in ½ inch slices.

DRIED BEEF APPETIZER

- 1 8 oz. package Cream Cheese—softened
- 2 tablespoons Milk
- 1 2½ oz. jar (¾ cup) snipped dried beef
- 2 tablespoons minced onion
- 2 tablespoons chopped green pepper
- ⅛ teaspoon pepper
- ½ cup Dairy Sour Cream
- ½ cup chopped walnuts

Blend softened Cream Cheese and Milk. Stir in dried beef, onion, green pepper and pepper. Add Sour Cream. Spoon in 8 inch pie pan or shallow dish and sprinkle walnuts over top. Bake at 350° for 15 minutes and serve hot. (This can be refrigerated after mixing and baked just before serving.)

PEANUTTY BACON DIP

- ½ cup chunk-style peanut butter
- ½ cup evaporated Milk
- 2 tablespoons finely chopped dill pickle
- 1 teaspoon grated onion
- 1 teaspoon prepared mustard
- 1 or 2 drops hot pepper sauce
- 4 slices bacon, fried crisp and crumbled fine

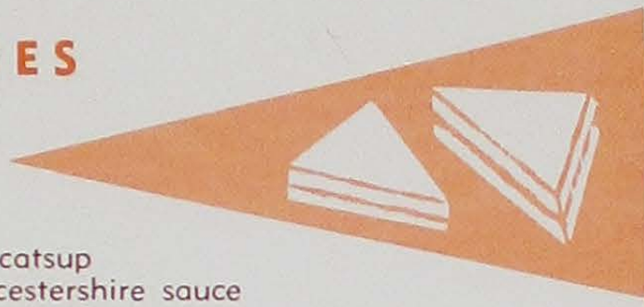
Place peanut butter in a small bowl. Gradually stir in evaporated Milk, blending smoothly. Stir in dill pickle, onion, mustard, hot pepper sauce and crumbled bacon. Chill until ready to serve. Makes 1¼ cups.

COTTAGE CHEESE DIP

- 1 cup Cottage Cheese
- ⅓ cup crumbled Blue Cheese
- 1 teaspoon grated onion
- 1 tablespoon lemon juice
- ¼ teaspoon Worcestershire sauce
- 2 tablespoons chopped parsley

In a small mixing bowl beat cottage and Blue Cheeses, onion, lemon juice and Worcestershire sauce until fairly smooth; stir in parsley. Use as a dip for fresh vegetables such as celery, green pepper, carrots, radishes or with crackers. Yield: approximately 1¼ cups.

SANDWICHES



CORNED BEEF SANDWICHES

- 8 oz. chopped corned beef
- ¾ cup grated Cheese
- Chopped green olives
- Salt and pepper
- ½ cup catsup
- Worcestershire sauce
- Horseradish
- Onion

Mix and spread in hamburger buns. Wrap in foil and heat 20 minutes in moderate oven.

FRENCHED HAM SANDWICH

- Butter, softened
- 8 slices white bread
- 1 cup (4 oz.) ground cooked ham
- 1 cup (4 oz.) shredded Swiss Cheese
- 1 hard-cooked egg, chopped
- ⅓ cup Dairy Sour Cream
- 1½ tablespoons pickle relish
- 1 egg, slightly beaten
- ⅓ cup Milk

Butter bread. In a bowl combine ham, Cheese, egg, Sour Cream and pickle relish. Spread Buttered side of 4 slices bread with ham mixture; top with other 4 slices. In a shallow bowl combine egg and milk. Dip both sides of sandwiches in egg-Milk mixture; place on well-Buttered shallow pan. Bake 10 minutes in preheated 450° oven; turn sandwiches and bake additional 5-8 minutes. Serve hot. Makes 4 sandwiches.

OPEN FACE COTTAGE-CRAB SANDWICH

- 1 can (7½ oz.) crab meat
- 1 cup Cottage Cheese
- ¼ cup Dairy Sour Cream
- ⅓ cup chopped celery
- 2 hard-cooked eggs, chopped
- 1 tablespoon lemon juice
- 4 large English muffins
- 8 large slices tomato

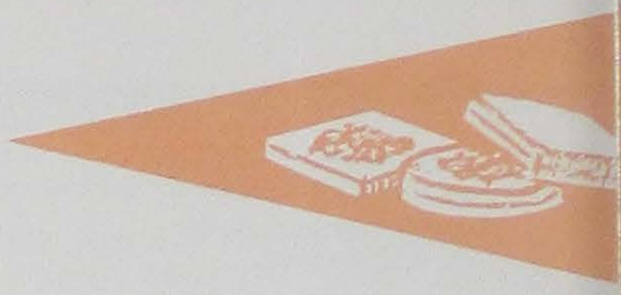
Drain and flake crab meat. In a bowl combine crab meat, Cottage Cheese, Sour Cream, celery, eggs and lemon juice; cover and chill. Split muffins; Butter and toast under broiler until golden brown. Top each muffin with a slice of tomato, then about ⅓ cup crab meat mixture. Garnish each sandwich with olive slices and parsley. Serve immediately. Makes 8 servings.

CHEESEBURGER BROIL

- 2 pounds ground beef
- ¼ cup minced onion
- 2 taspoons salt
- ⅛ teaspoon pepper
- 2 cups (½ lb.) shredded Cheddar Cheese
- 1 teaspoon prepared mustard
- 2 tablespoons pickle relish
- 8 sandwich buns

Mix together beef, onion, salt and pepper; shape into 8 patties about 1-inch thick; set aside. Allow cheese to come to room temperature. In small mixing bowl beat together Cheese and mustard; stir in relish. Split buns if necessary; spread Cheese mixture on cut surfaces. In preheated broiler broil hamburger patties about 5 minutes on each side or to the desired degree of doneness. Broil buns, Cheese side up, about 2 minutes or until golden brown. Place broiled patties inside buns and serve. Makes 8 cheeseburgers.

SANDWICHES



OPEN-FACE HAM AND CHEESE

4 hard rolls, split
¼ cup (½ stick) butter, softened
¼ cup crumbled Blue Cheese
Sliced cooked ham
8 tomato slices
Chopped parsley

Place rolls, cut side up, on baking sheet; toast under broiler until lightly browned. Cream together Butter and Blue Cheese; spread on toasted sides of rolls. Cover with ham. Top with tomato slices. Broil 4-5 minutes or until hot. Sprinkle with parsley. Makes 8 sandwiches.

COTTAGE CHEESE SCRAMBLED EGGS

6 eggs
¾ cup Cottage Cheese
2 tablespoons Milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons Butter

In mixing bowl beat eggs just until yolks and whites are blended. Stir in Cottage Cheese, Milk, salt and pepper. In large skillet, over low heat, melt Butter; add egg mixture. Turn portions of egg mixture with spatula as it begins to thicken; do not stir and do not over cook. Serve immediately.

Variation: HERB SCRAMBLED EGGS

Add ¼ teaspoon ground thyme, ¼ teaspoon basil leaves and ⅛ teaspoon leaf marjoram to beaten eggs along with Cottage Cheese, Milk, salt and pepper.

DESSERTS

ICE CREAM DESSERT

2 cups crushed rice chex
½ cup nuts
1 cup coconut
⅓ cup melted Butter
½ - - ⅔ cup brown sugar
Ice Cream

Combine rice chex, nuts, coconut, melted Butter and brown sugar and sprinkle evenly in 9 x 13 inch pan using all but ½ cup of mixture. Spread ice cream (any flavor) over crust. Top with remaining crust mixture. Keeps well.

STRUDEL

1 cup Sour Cream
1 cup Butter
2 cups flour
Dash of salt

Filling:
1 lb. jar peach or apricot preserves
½ lb. marmalade
½ cup coconut
1 cup chopped nuts

Cut Butter into flour and salt to size of peas. Add Sour Cream and divide into 5 balls and refrigerate 24 hours. Roll on floured board as thin as possible into large rectangles and spread with filling and roll. Bake on lightly greased cookie sheet in 350° oven for 30-45 minutes. Cut while still warm.

SALADS

FROZEN PINEAPPLE SALAD

⅓ cup mayonnaise
1 3 oz. pkg. Cream Cheese
1 No. 2½ can crushed pineapple (do not drain—3½ cups)
½ lb. marshmallows quartered
½ pt. Whipping Cream—whipped
½ cup chopped nuts

Blend mayonnaise with Cream Cheese. Cut up marshmallows and pour pineapple to fluff them. Fold in Whipped Cream and nuts. Freeze. Serves 8. Can be kept in freezer for 2 months.

COOKIES

SEVEN LAYER COOKIES

- ¼ lb. Butter
- 1 teaspoon vanilla
- 1 cup graham crackers
- 1 6 oz. pkg. chocolate chips
- 1 6 oz. pkg. butterscotch chips
- 1 can sweetened condensed Milk
- 1 cup walnuts
- 1 cup coconut flakes

Melt Butter in 9 x 13 inch pan. Add vanilla and pour over graham crackers. Sprinkle coconut flakes, chocolate chips, butterscotch chips over cracker mixture. Pour sweetened condensed milk over mixture and top with layer of walnuts. Bake 20-25 minutes in 350° oven watching carefully so they don't burn.

CHOCOLATE STAR COOKIES

- 1 cup Butter
- 9 tablespoons powdered sugar
- 1 tablespoon vanilla
- Chocolate star candies
- ½ cup chopped nuts
- 2 cups sifted flour
- ¼ teaspoon salt

Cream Butter, sugar and vanilla. Add remaining ingredients and roll into small ball and press down flat. Place candy on top. Bake 375° for 10-15 minutes.

RIBBON COOKIES

- 1 cup Butter
- 1¼ cups sugar
- 1 egg
- 1 teaspoon vanilla
- 2½ cups sifted regular flour
- 1¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 1 oz. square unsweetened chocolate, melted
- ¼ cup finely chopped pecans
- ¼ cup finely chopped cherries

In a mixing bowl cream Butter; gradually add sugar and beat until light and fluffy. Add egg and vanilla and beat thoroughly. Sift together flour, baking powder and salt; gradually add to creamed mixture. Divide dough into three parts. Add chocolate and pecans to one part, cherries to one part and leave one part plain. Chill for ease in handling. Line a 1½ quart loaf dish with aluminum foil. Pack cherry dough in layer in bottom; cover with chocolate dough; top with layer of plain dough. Chill overnight. Lift dough from pan with foil. Cut in half lengthwise. Cut in ⅛ inch slices; place on baking sheet. Bake in a preheated 375° oven for 8-10 minutes. Remove to wire rack to cool. Yield: approximately 7 dozen.

BUTTERSCOTCH ROUNDS

- ¾ cup Butter
- 1 cup firmly packed light brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups sifted all purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- 1 cup finely chopped walnuts
- Candied cherries (optional)

In a mixing bowl cream Butter, gradually add sugar and beat until light and fluffy. Add egg and vanilla; beat thoroughly. Sift together flour, baking soda, ginger, cinnamon and salt; gradually add to creamed mixture. Stir in nuts. Chill for ease in handling. Shape into balls 1 inch in diameter. Place on baking sheet. Flatten slightly with bottom of glass which has been dipped in flour. Press cherry into top. Bake in preheated 350° oven 10-12 minutes. Remove to wire rack to cool. 4-5 dozen.

BEVERAGES

SNUG HARBOR

⅓ cup quick chocolate-flavored mix
2 teaspoons instant coffee powder
2 cups Milk

Combine chocolate mix and coffee powder in 1½ quart saucepan; gradually add Milk. Heat to serving temperature. Before serving beat with a rotary beater. Yield: 2¼ cups.

CHOCOLATE COZY

⅓ cup quick chocolate-flavored mix
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg
2 cups Milk

Combine chocolate mix, cinnamon and nutmeg in a 1½ quart saucepan; gradually add Milk. Heat to serving temperature. Before serving beat with a rotary beater. Yield: approximately 2¼ cups.

CENTRAL HEATING

⅓ cup quick chocolate-flavored mix
2 tablespoons instant vanilla pudding mix
2 cups Milk
2 tablespoons frozen concentrated orange juice, thawed

Combine chocolate and pudding mixes in a 1½ quart saucepan. Gradually add Milk, then orange juice. Heat to serving temperature. Before serving beat with a rotary beater. Yield: 2¼ cups.

MILK SHAKES

Basic Recipe: 1 cup Milk
¼ cup vanilla Ice Cream
Flavoring

Combine ingredients; beat with rotary beater or blend in blender until foamy. Pour into tall, chilled glass. Top with a dab of sweetened whipped cream. Makes 1 serving.

Vanilla Milk Shake: Use ½ teaspoon vanilla for flavoring.

Honey Peaunt Shake: Use 1 tablespoon honey and 1 tablespoon creamy-style peanut butter for flavoring.

Banana Shake: Use ½ banana, mashed, for flavoring.

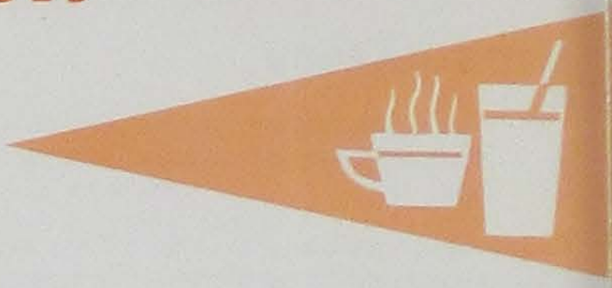
Chocolate Shake: Use 3 tablespoons chocolate sirup for the flavoring.

Fresh Fruit Shake: Use ¼ cup mashed fresh fruit and 2 tablespoons sugar for flavoring.

Peppermint Shake: Substitute peppermint Ice Cream and use one or two drops peppermint extract for flavoring.

Mocha Shake: Use 1 tablespoon powdered instant coffee for flavoring.

BEVERAGES



SODAS

Basic Recipe: 2 tablespoons Whipping Cream
Flavoring
Carbonated water
Vanilla Ice Cream

Pour flavoring into large glass. Add Cream and stir well. Fill glass ⅔ full with carbonated water and stir lightly to mix. Gently add 1 or 2 generous spoonfuls of Ice Cream. Serve immediately. Makes 1 serving.

Chocolate Soda: Use 2 tablespoons chocolate sirup for flavoring.

Butterscotch Soda: Use 2 to 3 tablespoons butterscotch sirup for flavoring.

Lemon Soda: Use 2 tablespoons of lemon sirup made by combining ¼ cup lemon juice, ¾ cup light corn sriup and 1 teaspoon lemon extract for flavoring.

Vanilla Soda: Use 2 tablespoons light corn sirup and ½ teaspoon vanilla for flavoring.

atharine Braun 7-15-11